

Health Homes Herald

December, 2015

Volume 3, Issue 3

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Homes: Helping Members be “Health Homes Strong”

Our Health Homes success story this month comes to us from Lisa Niegsch at Crawford County Mental Health’s Health Home. Lisa writes:

In the beginning, one of our members named Karen was extremely difficult to engage. Karen made little to no eye contact due to severe social anxiety regarding her weight. Karen’s weight made it difficult, if not impossible, for her to shop or attend medical appointments. Due to her limited mobility, we began providing counseling and therapy in Karen’s home.

By June, Karen felt comfortable starting a Health Action Plan (HAP). We took Karen to the lab for “curb side” venipuncture and were able to get her lab work done this way. This lab work revealed that Karen’s had a cholesterol level of 220, and we now have Karen on medication for this.

In addition to getting her cholesterol down, Karen’s HAP goals include weight loss with the aims of being able to go fishing with her family and attend her daughter’s dance programs at school.

With these goals in mind, Karen has started seeing her primary care provider (PCP) and secured a referral to a bariatric clinic.

In October, Karen kept her first appointment with our Nurse Practitioner for evaluation of her depressive/anxiety symptoms. She has made great strides on this front and even gave me a thank you note for helping her to achieve these milestones.

Karen is determined to reach her goals and credits Health Homes as part of her motivation saying: “You made me strive to do better.”

Towards the end of November I called Karen

to let her know that I was working on this story. Karen told me that she had just had “the best Thanksgiving I can ever remember” and had kept more follow-up appointments with her PCP and her gastric sleeve surgery.

Karen also confirmed that she is adhering to a strict diet and continues to remain “Health Homes Strong!”

Great job Lisa! Many times it takes months for real results and you’ve done a fantastic job of sticking with this member as she moves toward her health goals!

If you have a success story that you’d like us to feature in the Health Homes Herald, please contact:

Samantha Ferencik

Email:

sferencik@kdheks.gov

Phone: 785- 296-8001

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- Community of Practice Webcast — Jan. 19th at 11:00 a.m.
- Learning Collaborative Webinar — Feb. 2nd at 3:00 pm
- HAP Training Webinar — Feb. 16th at 10:00 am
- Live Learning Collaborative — March 16th at 10:00 am

Questions?

Email:

healthhomes@kdheks.gov



Consumers' Frequently Asked Questions

I'd like to know where to find a list of Health Home Partners.

The Health Homes website has a lot of helpful information for both members and providers. Right now we are working to make our listing of Health Home Partners (HHPs) more useful. We will have an updated listing, by MCO, by early January. This new list will include HHP name and counties served, as well as a contact for you to reach out to. In the meantime, you can check here: http://www.kancare.ks.gov/health_home/consumers_hh_partners.htm

If you have questions or just want to talk about Health Homes please contact Samantha Ferencik:

Phone : 785-296-8001 Email: sferencik@kdheks.gov

Special Health Care Needs Program Asking for Input

Since many of our Health Home Partners work in other areas of Medicaid, we are sharing this information with you in the hopes that you can help us spread the word to your colleagues who may have interest in the Special Health Care Needs (SHCN) program.

The Kansas Department of Health and Environment SHCN program is leading an effort to gain community and family input around how state systems are best supporting families of those with special health care needs. Join us on February 3rd at 6:30 pm or February 4th at 12:00 pm for a one hour webinar about this initiative and learn how your voice can be heard. Space is limited on these webinars so register early to save your spot! We also recommend that organizations should consider viewing in groups whenever possible to conserve phone lines.

Registration for February 3: https://wchitaccsr.adobeconnect.com/kdhe_shcn1/event/registration.html

Registration February 4: https://wchitaccsr.adobeconnect.com/kdhe_shcn2/event/registration.html

Also, beginning in late February, the SHCN program will be hosting regional meetings across Kansas (Topeka, Wichita, Pittsburg, Salina, Hoxie, and Garden City) for broader community input and discussion around access to medical/Health Homes and community-based services and supports. Details of the regional meetings will be shared in next month's newsletter.

If you have any questions about this program please feel free to contact Health Smith at:

Phone: 785-296-4747 Email: hsmith@kdheks.gov



Update from The Center for Public Health Initiatives at WSU Community Engagement Institute

The Center for Public Health Initiatives at the WSU Community Engagement Institute (formerly CCSR) provides learning opportunities for staff within contracted Health Home providers. Here what's coming up:

- The **Health Homes Community of Practice Webcast** will be held on Tuesday, January 19th from 11:00 a.m. to 12:00 p.m. Look for more information coming soon.
- The **Health Homes Learning Collaborative** allows administrators and managers within contracted Health Home Partners to share ideas and resources to continuously improve the current Health Home system in Kansas and is required for all current contracted HHPs. Our next webinar will be on Tuesday, February 2nd 3:00 p.m.
- The **Health Action Plan Training** is designed to help Health Home Care Coordinators and Social Workers strengthen their skills for completing quality HAPs. The next webinar will be on Tuesday, February 16th from 10:00-11:30 a.m. and will focus on writing SMART Health Action Plans.
- The **In Person Learning Collaborative** meeting will be held at the Rolling Hills Zoo in Salina on Wednesday, March 16th from 10:00a.m.-3:30p.m. Look for more details in the coming months.

Pre-registration for all events is required and is limited to staff from Health Home Partners who are directly contracted with one or more MCO. For more information or to add your name to an invitation list, please contact Vanessa Lohf at vanessa.lohf@wichita.edu.

Health Homes Tips and Tricks

Our Health Homes Tip of the Month comes to us from Jeannette Livingston at the Sedgwick County Developmental Disability Organization.

Jeannette would like to remind everyone that local Community Developmental Disability Organizations (CDDOs) are eager to work with Health Home Partners (HHP). She writes that if any HHP has members that appear to have and intellectual and/or developmental disability and require additional services or supports related to this disability, the CDDOs are ready to help.

You can find a map of Kansas CDDOs on the KDADS website at:

<http://www.kdads.ks.gov/docs/default-source/CSP/HCBS/I-DD/cddo-map---2-6-13.pdf>

Great tip Jeannette! Please take advantage of the partnerships available in your community. By working together across agencies we can all help to best serve our members.

If you have ideas, tips, tricks or strategies that you'd like to share, please contact Samantha Ferencik at:

Phone : 785-296-8001

Email: sferencik@kdheks.gov



Have a Safe and Healthy Holiday Season

The Centers for Disease Control and Prevention (CDC) recommends that you take these 12 steps to keep you and your loved ones safe and healthy this holiday season.

1. Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands frequently with soap and clean running water.

2. Manage stress. Take a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

3. Don't drink and drive or let others drink and drive. When someone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

4. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.

5. Be smoke-free. Avoid smoking and secondhand

smoke. Even nonsmokers are at risk when exposed to tobacco smoke.

6. Fasten seat belts while driving or riding in a motor vehicle. Buckle up every time, no matter how short the trip and encourage passengers to do the same.

7. Get exams and screenings. Ask your health care provider what exams you need and when to get them. The start of a new year is a great time to update your personal and family history.

8. Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

9. Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach.

10. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles

unattended. Have an emergency plan and practice it regularly.

11. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

12. Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day

For more information about holiday safety and recommendations for the winter months visit:

<http://www.cdc.gov/features/healthytips/>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 785- 296-3981

Email: healthhomes@kdheks.gov

Website: http://www.kancare.ks.gov/health_home.htm

